

# Norfolk Family YMCA Land Group Fitness Schedule

## August 11th-December 31st

### Monday (before 1 pm)

5:15-6:00 am	Boot Camp – East Gym
5:15-6:00 am	BODYCOMBAT® -Room 3/4
5:15-6:15 am	BODYPUMP®
5:15-6:00 am	Group Cycling
6:00-6:30 am	CXWORX®- Room 3/4
8:15-9:00 am	Pilates-Room 3/4*
8:30-9:30 am	BODYPUMP®*
10:00-11:00 am	Zumba GOLD®*
12:10-12:50 pm	BODYPUMP® Express*

### Monday (after 1 pm)

1:00-2:00 pm	Foundations of Movement
4:25-5:25 pm	Zumba*
5:10-5:30 pm	Extreme Abs – Upstairs*
5:25-6:20 pm	TNT- Rooms 3/4*
5:30-6:30 pm	BODYPUMP®*
5:30-6:15 pm	Group Cycling*

### Tuesday (before 1 pm)

5:15-6:00 am	Boot Camp – East Gym
5:15-6:00 am	Group Cycling
5:30-6:30 am	BODYPUMP®
6:00-6:30 am	BODYFLOW® - Room 3/4
8:30-9:15 am	Group Cycling*
8:30-9:30 am	BODYCOMBAT®*
9:00-9:50 am	Yoga - East Gym*
10:00-10:50 am	SilverSneakers® Classic*
12:15-12:45 pm	Cycle 30*

### Tuesday (after 1 pm)

4:30-5:30 pm	BODYPUMP® *
5:10-5:30 pm	Extreme Abs-upstairs*
5:30-6:15 pm	BODYCOMBAT®*
5:30-6:00 pm	TABATA -Room 3/4*
5:30-6:15 pm	Group Cycling*
6:15-6:45 pm	BODYFLOW®*

### Wednesday (before 1 pm)

5:15-6:00 am	Boot Camp – East Gym
5:15-6:00 am	BODYCOMBAT® -Room 3/4
5:15-6:15 am	BODYPUMP®
5:15-6:00 am	Group Cycling
6:00-6:30 am	CXWORX® - Room 3/4
8:15- 9:00 am	Pilates-Room 3/4*
8:30-9:30 am	BODYPUMP®*
10:00-11:00 am	Zumba GOLD®*
12:10-12:50 pm	BODYPUMP® Express*

### Wednesday (after 1 pm)

1:00-2:00 pm	Foundations of Movement
4:25-5:25 pm	ZUMBA*
5:10-5:30 pm	Extreme Abs-Upstairs*
5:25-6:20 pm	TNT – Rooms 3/4*
5:30-6:30 pm	BODYPUMP®*
5:30-6:15 pm	Group Cycling*

### Thursday (before 1 pm)

5:15-6:00 am	Boot Camp – East Gym
5:15-6:00 am	Group Cycling
5:30-6:30 am	BODYPUMP®
6:00-6:30 am	BODYFLOW® - Room 3/4
8:30-9:15 am	Group Cycling*
8:30-9:30 am	BODYCOMBAT® *
9:00-9:50 am	Yoga - East Gym*
10:00-10:50 am	SilverSneakers® Classic*
12:15-12:45 pm	Cycle 30*

### Thursday (after 1 pm)

4:30-5:30 pm	BODYPUMP® *
5:30-6:15 pm	BODYCOMBAT®*
5:30-6:00 pm	TABATA-Room 3/4*
5:30-6:15 pm	Group Cycling*
6:15-6:45 pm	BODYFLOW®*

### Friday (before 1 pm)

5:15-6:00 am	BODYCOMBAT® -Room 3/4
5:15-6:15 am	BODYPUMP®
5:15-6:00am	Group Cycling
6:00-6:30 am	CXWORX®-Room 3/4
8:15-9:00 am	Pilates- Room 3/4*
8:30-9:30 am	BODYPUMP®*
10:00-11:00 am	Zumba GOLD®*

### Friday (after 1 pm)

1:00-1:30 pm	Foundations of Movement
4:25-5:25 pm	Dance Party
5:30-6:30 pm	BODYPUMP®

### Saturday

7:30-8:15 am	Boot Camp – East Gym
7:30-8:15 am	Group Cycling
8:30-9:30 am	BODYPUMP®*
9:30-10:00 am	CXWORX® *
10:00-11:00 am	BODYCOMBAT®*

All classes are held in room 5 unless noted otherwise.

\* Child Watch is available during this class.

Updated August , 2018

### Sunday

2:30-3:30 pm	BODYPUMP®
3:30-4:30 pm	BODYFLOW®